

# Why refer your patients to Croydon Talking Therapies?

**Jo Adamson**

Senior Cognitive Behavioural Therapist

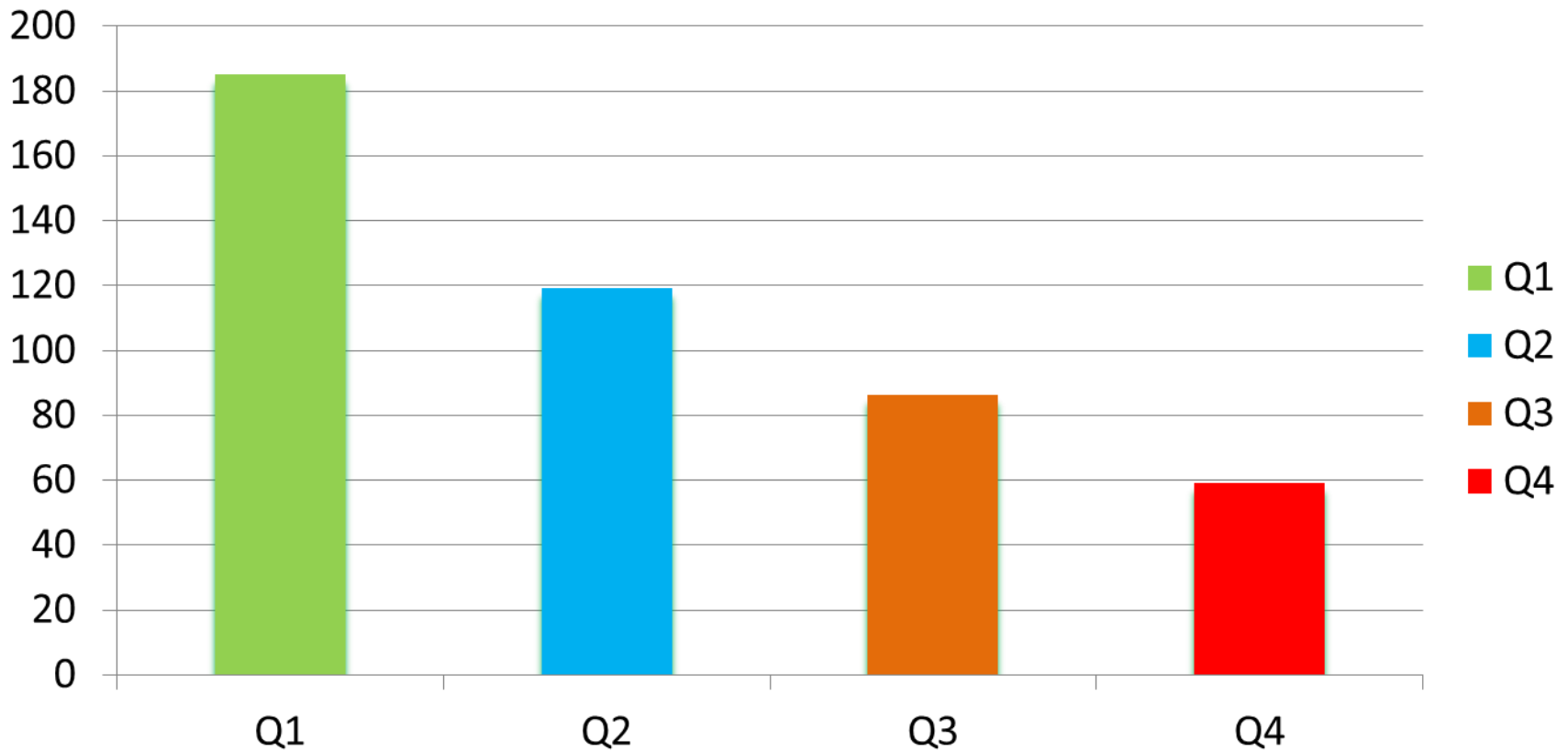


Tuesday 4<sup>th</sup> September 2018



# Variation in referral rates

Referral rates per 1,000 population



# Common problems we can help with

- Low mood and Depression
- Excessive worry and stress
- Work related difficulties
- Sleep problems
- Adjusting to life events



- Panic attacks
- Obsessive Compulsive Disorder (OCD)
- Fears about health or social situations
- Phobias or agoraphobia
- Post Traumatic Stress Disorder (PTSD)

# What we offer

- Online guided self help with **Silvercloud**
  - Patients can access this immediately through the website
- Workshops for sleep, low mood, self compassion, self-criticism, confidence, self-belief, anxiety
- Face to face guided self help (6 sessions)
- Counselling
- Cognitive Behaviour Therapy (CBT)
- Employment advice

# And it works!

We reach the 50% recovery rate target



# Pathway into the service – stepped care

Telephone triage  
- No wait

Online modules with support  
No wait

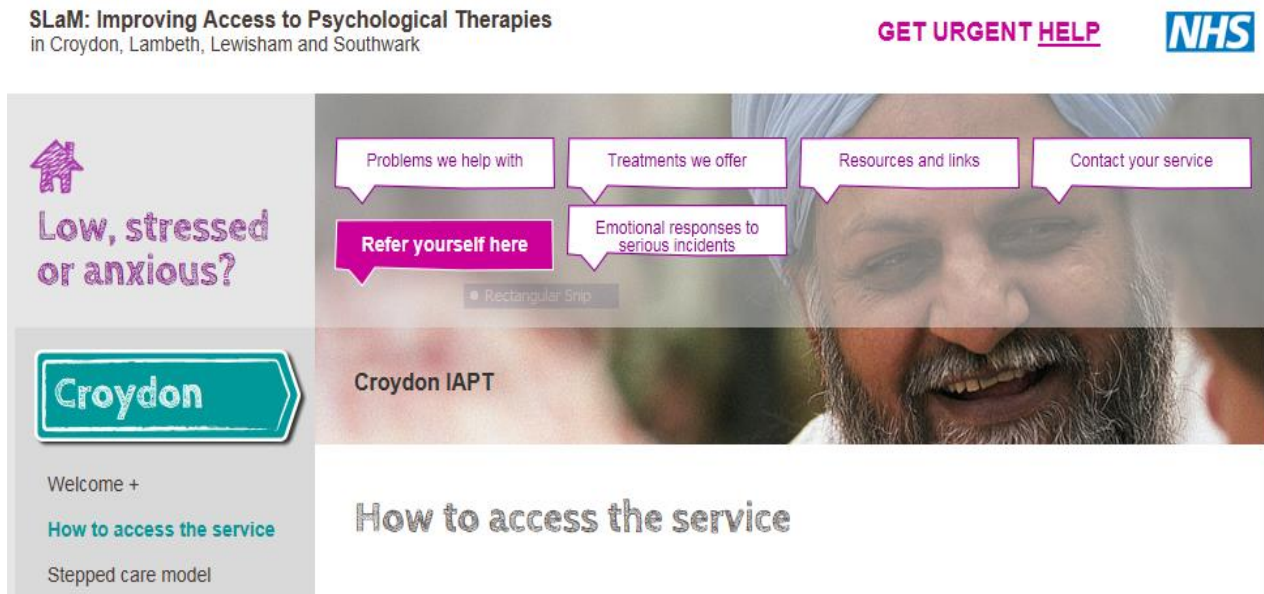
Workshop / Groups  
No wait

Guided self help CBT based 1:1  
No wait

CBT High Intensity  
10-12 weeks

# How to get to us – self referral

- **Self referral** – via website [www.slam-iapt.nhs.uk](http://www.slam-iapt.nhs.uk) and then ring in



Or

- Read leaflet – then ring in **020 3228 4040**
- GP/ Health care professional referral– via website or paper form – Service user still needs to ring in

**When encouraging your  
patients to self refer, how do  
you make sure that they  
*actually do?***



# How to contact us

telephone: [020 3228 4040](tel:02032284040)

website: [www.slam-iapt.nhs.uk](http://www.slam-iapt.nhs.uk)

email: [croydoniapt@slam.nhs.uk](mailto:croydoniapt@slam.nhs.uk)

## Your GP Liaison contact

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